



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

Wohlfahrt, Dr. Kai

Club: Leipzig

Number: 1545

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 25:37

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 337 (of 389)

Rank in course/Men: 238 (of 249)

Best time in course: 11:54

Rank in category: 62(of 63)

Best time in the category: 14:23

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde             | 2.00        | 12:13         | 6:06            | 56          | 5:12           | 215         | 6:14          | 2.00          | 12:13         | 6:06            | 13          | 2:27           | 180        | 6:13          |
| Leichtathletikhäl | 2.00        | 13:24         | 6:42            | 62          | 6:02           | 240         | 7:30          | 4.00          | 25:37         | 6:24            | 62          | 11:14          | 238        | 13:43         |